



Associated
Orthodontists

EST. 1969



Getting the Most Out of Your Retainers

BONDED RETAINERS (TWIST FLEX)

- Bonded behind the upper front teeth, lower teeth, or both upper and lower front teeth.
- Do not bite into any hard, crunchy or sticky foods. Continue to cut up foods.
- Floss everyday between the wire and gum tissue using the floss threaders.
- If the retainer comes loose or starts to poke, **DO NOT** cut or remove it. Call our office immediately.
- There may be a fee to replace it.
- Keep your regular scheduled dental cleanings to help maintain healthy teeth.
- We recommend wearing your retainer indefinitely or until your dentist suggests removing it.

GreatBraces.com

REMOVABLE RETAINERS

1. Essix Retainer:

- Clear and fits over the teeth.
- DO NOT use toothpaste on the retainer. It can discolor it.
- Use liquid hand soap and a Q-tip or toothbrush to scrub clean.
- Use cool water to rinse.

2. Wrapo Retainer:

- Has a colored palate and the wire wraps around the molars.
- Use a toothbrush and toothpaste to scrub clean.
- Use cool water to rinse.

3. Theroux Retainer:

- Has colored acrylic that wraps around 4 front teeth and back molars.
- Use a toothbrush and toothpaste to scrub clean.
- Use cool water to rinse.
- Wear at night. Does not leave home.

GENERAL GUIDELINES

- The colored acrylic part of the Wrapo is the most important part of the retainer, not the wire. That is what holds everything in place.
- Efferdent denture cleaner may also be used once a week to help keep the retainer clean.
- Wear the retainer at all times, including sleep, unless told otherwise.
- DO NOT eat with the retainer in.
- If the retainer is not in your mouth, make sure that it is in a retainer case.
- DO NOT wrap it up in a napkin or put it in your pocket.
- Keep your retainer away from pets.
- DO NOT leave retainer in the car. It can melt or crack depending on the weather.
- Speech may be affected. If so, speech will return to normal in a few days with practice.
- If a retainer is broken, bring it in and we may be able to repair it at a lesser fee.
- If a retainer is lost, a new impression is needed and there will be a fee.
- Bring retainer with you to appointments.